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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: John Caden, John Hawk, Patrick Jacobs, and
Martin Thompson

Serial No.: 10/688,806

Filing Date: October 17, 2003

For: EXERCISE ASSEMBLY FOR THE UPPER BODY

Confirmation No. 9685
Customer No. 04219
Richman, G., Examiner
Group Art Unit 3764

2800 S.W. Third Avenue
Historic Coral Way
Miami, Florida 33129
December 1, 2006

Mail Stop Amendment
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Dear Sir:

RESPONSE TO RESTRICTION REQUIREMENT AND ACCOMPANYING AMENDMENT

In response to the Office Action of October 6, 2006, please
amend the above-referenced application as follows:

Amendments to the Specification begin on page **2** of this paper.

Amendments to the Drawings begin on page **3** of this paper and
include both an attached replacement sheet and an annotated sheet
showing changes.

Remarks/Arguments begin on page **4** of this paper.

An Appendix including amended drawing Figures is attached
following page **5** of this paper.